

# DENTAL DO'S BIRTH TO 3 YEARS



- ✦ Mom, **DO** have your dental work completed to prevent passing of decay causing bacteria to your baby.
- ✦ **DO** hold baby while feeding. **DO NOT** prop the bottle.
- ✦ **DO** feed baby before putting to bed. **DO NOT** put the bottle in bed with the baby.
- ✦ **DO** begin brushing the teeth daily as soon as they come into the mouth.
- ✦ **DO** use only a small pea size dab of toothpaste.
- ✦ **DO** lift the lip monthly to check for white or brown spots on the front teeth.
- ✦ **DO** ask your doctor or dentist about fluoride drops at 6 months.
- ✦ **DO** begin to give liquids in a cup at 6 months.
- ✦ **DO** wean your child from the bottle at 12-14 months.
- ✦ **DO** encourage your toddler to drink water in-between meals. **DO NOT** allow your toddler to sip on the tippy cup for long periods of time when it contains milk, juice, Koolaid, Gatoraid, or pop.
- ✦ **DO** take your child for a first dental visit at one year.



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